

# Well-Being; Sociodemografi di Getasan

Desi<sup>1</sup>, Nita Agustina<sup>1</sup>, Bagus Panuntun Sukma Adi<sup>2</sup>

1. Program Studi Ilmu Keperawatan, Fakultas Kedokteran dan Ilmu Kesehatan, Universitas Kristen Satya Wacana

2. Puskesmas Bancak, Kecamatan Bancak, Kabupaten Semarang

Email: [desi@staff.uksw.edu](mailto:desi@staff.uksw.edu)

## Abstrak

Penelitian ini bertujuan untuk mengetahui profil sosiodemografi, tingkat *well-being* dalam hal: afek positif negatif, pemikiran positif dan kesejahteraan psikologis serta apakah terdapat hubungan antara variabel sosiodemografi (usia, jenis kelamin, latar belakang pendidikan, pekerjaan, pendapatan serta status pernikahan) dengan *well being* pada masyarakat Dusun Bumi Ayu RT 01. Sebanyak 80 responden yang terlibat, diminta untuk mengisi tiga jenis kuesioner yang diadaptasi kedalam bahasa Indonesia yaitu *Scale of Positive and Negative Experience* (SPANE), *Positive Thinking Scale* (PTS) dan *Scale of Psychological Well Being* (PWB). Hasil penelitian menunjukkan bahwa mayoritas responden sebanyak (67,5%) adalah perempuan dan berstatus menikah (68,7%) ada pada rentang usia 17 – 25 (31,25%) dan usia 26 – 35 sebanyak 45%. Responden berpendidikan SMP sebanyak (35%) serta bermata pencaharian sebagai petani (37,5%), pendapatan perbulan ada pada rentang >500.000 – 1.500.000. Sebanyak (67,5%) responden kadang-kadang memiliki afek positif negatif, (83,75%) responden berfikir paling positif dan (58,75%) responden memiliki kesejahteraan psikologis yang tinggi. Analisis korelasi menggunakan *Pearson Product Moment* didapatkan hasil bahwa sub variabel sosiodemografi: jenis kelamin memiliki hubungan negatif yang sangat signifikan dengan afek positif negatif serta tidak terdapat hubungan antara sosiodemografi terhadap pemikiran positif dan kesejahteraan psikologis.

**Kata kunci :** Afek positif negatif, kesejahteraan psikologis, pemikiran positif, sosiodemografi, *well-being*

## Abstract

### *Well-Being; Sociodemography in Getasan*

*The purpose of this research was to investigate the sociodemographic profile, well-being level in terms of: positive or negative affection, positive or negative thoughts and psychological well-being, and also whether there was a relationship between sociodemographic variables (age, sex, educational background, occupation, income and marital status) and the well-being of Dusun Bumi Ayu RT 01. There were in total 80 respondents involved in this research. The respondents were asked to fill the questionnaires of Scale of Positive and Negative Experience (SPANE), Positive Thinking Scale (PTS) dan Scale of Psychological Well Being (PWB) which were adapted into Indonesian language. The result of the study showed that the majority of the respondents around (67,5%) were married women (68,7%) in the age of 17 – 25 (31,25%) and age of 26 – 35 (45%). Respondents with junior high school education were around (35%) with the livelihood as a farmer (37,5%), monthly income was in the range of >500.000 – 1.500.000. In total of (67,5%) respondents sometimes had the positive and negative affection, (83,75%) respondents had most positive thoughts and (58,75%) respondents had the high level of psychological well-being. Correlation analysis using Pearson Product Moment showed a result that sociodemography sub variable: sex had a significant negative correlation with the positive or negative affection and there was no correlation between sociodemography toward positive or negative thoughts and psychological well-being.*

**Keywords:** positive and negative affect, psychological well-being, positive thinking, sociodemography, well-being